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Defining “The Couve”

If you're new to Vancouver USA, you may hear locals casually dropping reference to a mysterious entity known only as “The Couve.”

What could it be, you wonder—a local hangout? A delicious French breakfast pastry? A secret society accessible only via speakeasy?

Let us solve this riddle for you: The Couve (rhymes with ‘move’) is a nickname for Vancouver. Unlike many nicknames though, the history and character go beyond mere nomenclature substitution and represent a newly embraced identity.

But what does The Couve actually mean?

It means an undeniable sense of community in a destination that is as culturally vibrant as it is naturally diverse. The Couve is casual, personable, and original. It looks like summer festivals in the park, carefree sailboats on the Columbia, and quirky art throughout the city. Its roots are in history, but its vision is future-facing—like a new waterfront and a recently designated international district.

We pride ourselves on being the original Vancouver. We are home to the West's oldest living apple tree, the birthplace of Willie Nelson's music career, and a National Park site in our downtown. We revel in our small city luxuries (think: free weekend parking downtown, uncrowded pathways, and homey bakeries), while embracing our urban sensibilities (think: a thriving brew scene, a world-class library, and late-night eats). If you ask us though—and we're not ones to brag—we'd say The Couve is pretty cool.

by Jacob Schmidt, Visit Vancouver USA

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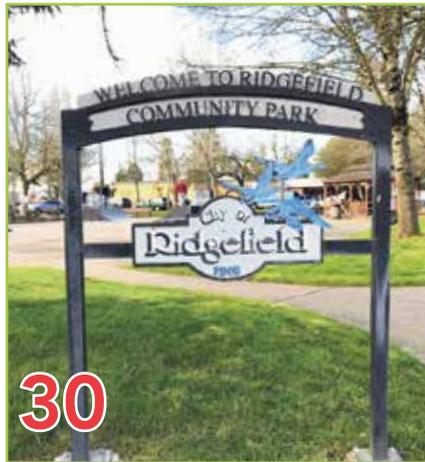
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Transplants

By LIZ PIKE, WSU
Clark County Extension
Master Gardener

Here's your April checklist, along with benefits of planting starts over sowing seeds and how to transplant them for optimum yields



Now that the worst of winter is finally over, it's time to start planting the bountiful gardens that will feed the soul and nourish our family at the same time. In Western Washington, we are fortunate to have a growing season that starts in April and lasts through October.

■ SOW HARDY SEEDS IN APRIL

April is an ideal time to sow hardy crops directly from seed. Those include arugula, beets, carrots, leeks, kohlrabi, mustard greens, scallions, parsnips, peas, potatoes, radish, spinach, and chard. These crops can withstand the occasional spring hail storm and chilly temperatures where other crops fail.

■ TRANSPLANTS SUITABLE FOR APRIL

There aren't many transplants that can survive April showers and colder temperatures, but the few that are hardy enough to transplant out into the garden this month include asparagus and lettuce starts. If you are lucky enough to have a greenhouse or other protected grow area, there are several seeds that can be started indoors this month.

Growing your own transplants from seeds will save you a bundle of cash! Artichoke, broccoli, cabbage, cauliflower, cucumbers, eggplants, melons, peppers, tomatoes, and all varieties of squash including summer, winter, and pumpkins can all be sown indoors in the warm comfort of a greenhouse or even your kitchen sink window.

Keep most of these starts indoors until the weather warms up in May or early June.

■ START WITH THE RIGHT MIX

Plan ahead before you begin planting starts indoors. You'll need seed start containers, a good quality potting mix available in bags at local garden centers, and seeds.

If you are reusing plastic start containers from a previous growing season, be sure to disinfect them with

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■ YOUR SOIL IS ALIVE

Whether you plant directly in the soil or in raised beds, be sure to recondition your soil with lots of composted organic matter before you transplant or sow seeds. Establishing and maintaining fertile soil is the foundation of a productive garden. Work your soil to loosen the top 8-12 inches.

Healthy soil has air, organic matter, nutrients, and good water. Organic matter also increases your soil's water holding capacity.

Plants are living, breathing organisms and require air in their root zones as well as around their foliage to thrive. Organisms in your soil such as worms, bacteria, and fungi also need air to survive and do their jobs of breaking down organic matter and making nutrients available to plants. Air is added to the soil when you cultivate for planting, when you incorporate compost, or when you till in plant residue after harvest.

Well-aerated soils allow plants to establish a deep rooting system. Plants with deep root systems are more drought-tolerant and more effective at capturing soil nutrients. This is even more important for intensive beds where plants are spaced close together and there is greater potential for competition for water and nutrients.

Lastly, even though it feels great to get outside in the dirt, digging in the garden when the soil is too wet damages the soil structure. Be patient and tend to your seedlings indoors! Happy gardening!

Liz Pike operates Shangri-La Farm, a two-acre organic farm in Fern Prairie. She raises vegetables, fruits, berries, a large flock of free range egg-laying hens and a few Soay sheep. Honey from her honeybees along with seasonal produce compliment year round egg sales at the Shangri-La Farm Stand.



a 10% bleach solution (mix one cup of bleach into 9 cups of water). This will kill any bacteria that's been hanging around all winter in your potting shed. Then rinse the containers thoroughly to remove all bleach residue.

Now you are ready to plant. Fill the seed containers with potting mix and water thoroughly before you plant the seeds. Plant seeds at the appropriate depth according to directions on the seed package. Keep the soil moist but don't drown the seeds.

■ WIN THE RACE AGAINST WEEDS WITH STARTS

Getting a jump on Mother Nature is always a plus. By planting starts, your plants will set blossoms 4-6 weeks ahead of direct sown seeds, allowing you to harvest earlier and extend your growing season by several weeks.

Winning the race against weeds is another benefit of planting starts versus seeds. Whether you transplant your own starts or commercial grown starts, you eliminate germination time in the garden.

You also win the race for root space against weeds because starts have an established root system when you transplant them. This doesn't let you off the hook to keep your vegetable garden weeded.

Weeds grow roots and will use those roots to absorb nutrients from the soil. This is why it's so important to keep weeds out of your planting areas: you eliminate the competition from weeds. Save all those good nutrients in your soil for the crops!

■ HARDENING OFF

Before transplanting starts, "harden" them off by setting plants outside. During the first week, keep them outside only in daytime hours.

Keep them outside for the entire day and night in the second week. Make sure plants are covered at night to avoid cold damage.

You can also gradually reduce watering a few weeks ahead of transplanting but don't allow plants to dry out suddenly or develop severe wilting.

■ CHOOSE THE RIGHT SITE FOR YOUR GARDEN

Your garden site should be convenient with easy access. If you have to walk through three gates to get to your garden, your chance of success diminishes.

Choose a site with full sunlight, access to water, and protection from the wind. Consider raised beds for better soil drainage. Plus, you can work the soil in raised beds a lot sooner in the spring, allowing for earlier plantings.

USE THE “KONMARI” METHOD FOR ANNUAL YARD CLEAN UP

The days are getting longer, the sun feels slightly warmer, and the winter slumber is quickly shifting to spring. For some, that means just one thing: clean up time. This has been an interesting year for getting rid of junk since the media popularity of organizational consultant and author Marie Kondo and her theory of tidying up, a method she has termed as “KonMari.” Even if you don’t know the name, you may have heard someone mention throwing away items that do not “spark joy” in one’s life.

Perhaps 2019 will be known as the year we finally purged the 25-year-old MatchBox cars and broken Barbie dolls from our childhoods. Even as we focus on the clutter inside our homes, we must not forget that our annual yard

clean-up can benefit from the same attention. This year, I have vowed to “KonMari” my yard and get rid of the plants that no longer give me joy. For instance, I have a grape vine growing on my fence. It grows very fast and is difficult to remember to maintain throughout the growing season. This spring, I will thank it for all it has done for me, and finally dig it out of the earth. I also have an overgrown rosemary bush on my parking strip. It scrapes the side of my truck when I park, which is annoying. Instead, I will cut some sprigs to propagate, dig up the overgrown plant, and thank it for seasoning my pasta sauce these last ten years.

Spring cleanup can be daunting but achievable if specific goals are in place.

A garden should be full of things that give pleasure through taste, appearance, or aroma. Anything else is simply yard clutter. Although I don’t agree with Marie Kondo’s theory completely (touch my books and there will be trouble!), I do believe humans benefit by focusing on the things that hold meaning. Our outside living spaces deserve the same thoughtful consideration that we give to the inside of our homes.

Eileen Cowen is a transplanted Mainer living with her Washingtonian husband and children in Downtown Vancouver. She enjoys hiking, camping, playing music, tasting local beers, and talking to neighborhood cats.

By EILEEN COWEN for The Columbian



Spring cleaning? Get the

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Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt.



How to Create **A Shady Haven** Under Mature Trees

By LAURA HELDRETH, WSU Clark County Extension Master Gardener



Dappled Shade: Dappled shade is a garden site under a canopy of receiving about two to three hours of sunlight filtered through the branches above.

Open Shade: Shade provided by a building, not tree canopy.

Partial Shade: Two to four hours of sun per day.

Partial Sun: Four to six hours of sun per day.

Full Sun: Six or more hours of direct sunlight per day.

Your light map will change over time, so make sure to note changes when a neighbor removes a tree, there's windstorm damage, or an arborist prunes your trees.

2 Make it a priority to protect your large trees' roots. Large trees like the Douglas fir have most of their root systems in the top 12 to 24 inches of soil and they spread out past the canopy's edges or drip lines. So, install small plants to prevent digging damage to your tree roots and maintain the current soil level.

3 Create an irrigation plan that will water the garden at least once a week during the summer drought. Large tree roots are competitive for moisture, especially during heat waves. Install a watering system using drip irrigation, soaker hoses, or sprinklers. Make sure to water deeply and check to make sure that the water is soaking in, not just running off the surface of the soil.

4 Add a two to three inch layer of woody mulch to prevent weeds, hold in moisture, regulate soil temperature, and prevent soil run off.

Leave a ring of bare soil two to six inches around the base of your trees and shrubs to avoid wetness up against the trunks.

5 Research your plant choices before you head to the nursery. Great Plant Picks (www.greatplantpicks.org) has a comprehensive plant list compiled by horticultural experts in the Pacific Northwest. Their dry shade plant recommendations are fantastic. Plant Lust (www.plantlust.com) helps gardeners locate the plants they want through local growers in the Pacific Northwest.

If you're looking for design inspiration, visit Darcy Daniel's website eGardenGo (www.egardengo.com). Look through her suggested plant combinations and find helpful garden design tips and advice in her blog.

6 Take time to enjoy your garden. Whether you like to barbecue or meditate in your space, make time to do it. Your garden is for your use and pleasure.

Gardening with big trees takes extra planning and care, but is worth the effort. Your new shady haven can become an extension of your home, an entertaining space, and your private oasis.

When friends tease me about the dense, lush, wild 'jungle' in my backyard, I grin, because my oasis is located under a grove of thirst mature Douglas fir trees in dry shade. Let me take you through the steps on creating a shady haven in dry shade.

1 Map out the light conditions in your garden because certain plants prefer different kinds of light. Go outside on a clear day and observe how the light moves through your garden, each season of the year. You can sketch out a shade map or take pictures of your garden throughout the day to note how much direct sunlight your garden receives.

LIGHT CONDITIONS:

Shade: Full shade is less than two hours of sunlight a day.



Local Home & Garden Stores

WELCOME Spring

By EILEEN COWEN
for The Columbian

For hardware and home improvement stores, there is an old adage that first warm weekend in Spring is their Black Friday. Homeowners stream into shops by the hundreds searching for shovels, plant starts, and replacement weed whacker string. They also flock to landscaping nurseries in search of the perfect spring plants for their outside spaces. Here in the Greater 'Couve, we are very lucky to have not only great local home improvement stores, but some great nurseries and landscape stores that grow native and hardy plants. Here is a list of some of my favorites.

HARDWARE AND HOME IMPROVEMENT

Hi-School Hardware

3200 NE 52nd St, Vancouver, WA 98663

Hi-School is really as local as it gets. Founded in Vancouver 1925, their shops feature a wide array of indoor and outdoor goods such as plants and yard décor. What sets Hi-School apart is that the stores are split in half. One side focuses on hardware, and the other half is pharmacy and home goods. You can really find just about anything there. They have many locations in the region, including their beautiful shop on St. Johns in Vancouver.

Parkrose Hardware

8000 E Mill Plain Blvd, Vancouver, WA 98664

8002 NE 6th Ave, Vancouver, WA 98665

16509 SE 1st St, Vancouver, WA 98684

Portland's Parkrose Hardware recently sprouted three stores north of the Columbia River. Located in Hazel Dell, central, and east Vancouver, the shops include all the usual home improvement goods. They also sell a large selection of Carhartt clothing and have an extensive assortment of regional soda. Plus, free popcorn!



Ace Hardware

2515 Main St, Vancouver, WA 98660

516 SE Chkalov Dr #21, Vancouver, WA 98683

809 NE Minnehaha St, Vancouver, WA 98665

13009 NE Hwy 99 #109, Vancouver, WA 98686

1605 W Main St, Battle Ground, WA 98604

1355 Lewis River Rd, Woodland, WA 98674

Although it is not Northwest based, Ace Hardware is a quintessential old-school hardware store. They sell just about anything you would need for your yard and garden, and their multiple locations are easily accessible.

Ridgefield Hardware and Gift

104 N Main Ave, Ridgefield, WA 98642

If you have ever been to downtown Ridgefield, you certainly have seen this shop at the corner of Main and Pioneer Streets. Established in 1914, it is a classic hardware store with a down-home, small town vibe. Featuring tools, landscaping items, and classic home improvement wares, it is also a great place to get the inside scoop on events in Ridgefield.

NURSERIES AND LANDSCAPING SHOPS

Yard N' Garden Land

1501 NE 102nd St, Vancouver, WA 98686

Located in North Hazel Dell, Yard N' Garden has a wide array of plants, trees, and landscaping elements in their expansive nursery. There are perennial and annual vegetable and fruit plants for sale during the garden season. They also have soil, sand, gravel, and bark chips for sale by the cubic yard.



Shorty's Garden Center and Nursery

10006 SE Mill Plain Blvd, Vancouver, WA 98664

705 NE 199th St, Ridgefield, WA 98642

Shorty's is a Clark County gem, with two locations chock full of everything you need for your garden. Plants, seeds, trees, garden sculptures, and yard implements are all for sale. A cool feature of Shorty's is that the outside area is situated to look like a garden and gives the shopper a sense of the scale of trees and plants. Visit them in Vancouver and Ridgefield.

Millenium Farms

1504 NW 299th St, Ridgefield, WA 98642

You may have not heard of Millenium Farms, but many Clark County's backyard gardeners have been growing their plants for years. Vegetables, herbs, flower bulbs, perennials, annuals: you name it, they grow it. Located in Ridgefield, they offer fresh produce throughout the growing season through a Community Supported Agriculture program. Keep your eye open, you just may see some of their veggies at your favorite restaurant.

Cascade Greenhouse

6005 NE 139th St, Vancouver, WA 98686

Located in the Barberton area of Vancouver, Cascade Greenhouse is a gorgeous micro-farm with flowers, plants and vegetable starts that all grow well in our local environment. Every weekend, they truck their wares to Downtown Vancouver to sell at the Vancouver Farmer's Market. Find them at the north end of Esther Street.

Did You
Know



Vinegar can remove rust from your yard tools. Soak the tool overnight then scrub with scour pad and dry thoroughly. Repeat as necessary.



Make

SPRING

*the Season to
Reinvigorate Your
Home and Garden*

By DAMEON PESANTI, Clark Public Utilities

Home improvement season is upon us. Whether you're buying, building, remodeling or landscaping, taking one's home to the next level is an exciting time. But the seemingly endless products and services, available on the market can get overwhelming.

Whether you're going it alone or hiring a team of contractors, it's always a good idea to work with professionals who understand your needs and can maximize your property's performance.

LANDSCAPING FOR ENERGY EFFICIENCY

One goal that should be at the top of every person's list is energy efficiency. As a public, nonprofit utility, Clark Public Utilities wants its customers in Clark County to live in the most sustainable, most comfortable and most efficient homes possible; and they're there to help you connect with the professionals who can make those goals a reality.

Your home is likely to be the biggest investment of your life, but it's also likely to be the biggest month-to-month expense. Fortunately, making your home more

efficient and even more aesthetically pleasing can also help you reduce your monthly home expenses.

Planting the right trees and shrubs in the right locations around your home can maximize the warming effect of the sun in winter and the cooling effects of shade in the summer. They can also deflect winter winds away from your home, and channel summer breezes toward it. Homeowners can also choose trees and shrubs that benefit native wildlife, won't damage home foundations and won't grow tall enough to interfere with overhead power and communications lines. The best information will come from a landscaping professional who understands our region's climate, your property's specific conditions and your budget.

NEW HIGH PERFORMANCE HOMES

The most efficient homes are designed and constructed with energy savings at the heart of every decision. Clark Public Utilities has partnered with nearly a dozen local home builders to create the New Performance Homes program.

Those developers receive incentives to build homes that are at least 10 percent more energy efficiency than the Washington State Energy Code standards. Homes built under the program have to have their efficiency measures certified by a third party to ensure it meets all the program requirements.

These homes are cheaper, more comfortable and often healthier to live in than a typical home. An older home can almost always be renovated to be more energy efficient, but the New Performance Homes Program is designed specifically for new construction.

A high performance home will be somewhat more expensive upfront than a similar home built only to code, but the typical homebuyer may be surprised by how affordable they are long-term. Once they take the plunge, owners can expect to recoup their investments through a long future of significantly lower energy bills. As an added benefit, high performance homes enjoy higher resale values and less time on the market than traditional properties.

Continued on next page ▶

REMODEL OR UPGRADE
FOR BETTER ENERGY EFFICIENCY

For owners of existing homes, spring and early summer are ideal times to remodel a home. The weather is temperate enough throughout the day that a contractor can come in and out of a home, or temporarily remove a door or window without triggering the heater or air conditioning.

Homeowners that are looking to remodel their homes can take advantage of several home efficiency incentive or loan programs offered by the utility. Whether you're looking to replace your electric heaters with a heat pump system, install a dramatically more efficient water heater, or boost the insulation throughout your home, or even looking into solar panels, Clark Public Utilities can help.

Much more information on those programs — and even a list of contractors who are specially qualified to participate in utility incentive programs — are available on the utility's website; but sometimes it's best to talk with someone face to face. During the final weekend of April, Clark County residents will have the opportunity to do just that.

Hundreds of home and garden businesses will be on hand at the annual
HOME & GARDEN IDEA FAIR

Visitors to the event can explore full-scale demonstration landscapes, see and experience home efficiency products first-hand and talk with the professionals who've built their livelihoods around them.

The event takes place

Friday through Sunday, April 26 – 28

at the Clark County Event Center, 17402 NE Delfel Rd., Ridgefield.

Admission is **FREE**, though canned food donations will be given to local food banks. Cash donations will go to **OPERATION WARM HEART**, which helps local families in financial crisis pay heating bills.

Parking at the venue costs \$6, but shuttle busses are free from various locations.

For more information, visit

www.homeandgardenideafair.com



Energy Efficient New Construction

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The Joy of COMPOSTING

By ZACH MCMANN, Clark County Solid Waste & Environmental Outreach

What's in your garbage? If you're like the average American family, almost a third of your trash is food waste. 40% of food produced in America is never eaten, and most of that wasted food is thrown away by consumers. Food waste is often disposed of in the garbage, making up 21% of the volume of our nation's landfills. In landfills food waste can't fully decompose and instead turns into methane gas, a potent contributor to the greenhouse gas emissions causing climate change.

Food waste is also an economic and social issue. According to the Food and Agriculture Organization (FAO) of the United Nations, all 850 million undernourished people in the world could be fed with food that is currently produced but never eaten. Here in the US, the Environmental Protection Agency estimates that food loss and waste totals \$161 billion

dollars. These are big numbers, but if everyone works to reduce the amount of food they waste, we could have a big impact. Use tools like meal planning and prep to buy only what you need, and use what you buy before it spoils. Store food properly to prolong its shelf-life, and learn how to creatively use food that is past its peak. Go to the Clark County Green Neighbors website at ClarkGreenNeighbors.org for more information and resources to reduce food waste.

Even with smart shopping, storage, and use of the food you buy, you're likely to still generate some food waste. What should you do with it?

Composting is a great way to divert your food waste from the landfill and create a rich soil amendment - say "goodbye" to buying bags of compost, mulch, and fertilizer every year! Plants absorb nutrients from the soil to grow. Composting allows those nutrients

to return to the soil and help grow new food. When we send food waste to landfills, those nutrients can't return to the soil; we're using more nutrients than we are "recycling" back into the soil. According to the FAO, decreasing concentrations of nutrients in soil is leading to decreasing levels of nutrients in our food. So let's get composting!

Composting is the process of aiding naturally occurring decomposition. Fungi, bacteria, and invertebrates consume organic materials and break them down, releasing nutrients and supporting an ecosystem of beneficial organisms in the soil. The key to successful home composting involves balancing your carbon-rich materials, called "browns", with your nitrogen-rich materials, called "greens". "Greens"

Continued on next page ▶

include fruit and vegetable scraps, cut flowers, grass clippings, and coffee grounds. "Browns" include woody debris, straw, and shredded paper. You want approximately equal volumes of "greens" and "browns" in your compost pile or bin.

There are several different methods of backyard composting. "Hot composting" supports heat-loving bacteria that help break down the materials more quickly. This technique requires more time and physical effort. Your hot pile needs to be at least one cubic meter in size, be kept as moist as a wrung-out sponge, and be "turned" or physically mixed several times. Hot composting is preferred by some because it is more likely to sterilize seeds to prevent them from germinating in finished compost. Cold composting is done when browns and greens are layered and

left to decompose naturally, with occasional turning or mixing as desired. Lasagna gardening is a special type of cold composting where greens and browns are layered on top of the ground, producing a berm that can be directly planted in for no-till organic gardening! No matter which method you use, backyard composting won't attract vermin or generate offensive odors if you avoid composting meats, fats, and dairy products.

There are many benefits to backyard composting. You can reduce the amount of garbage you produce and decrease your pickup frequency or receptacle size, saving you money. You will also enjoy knowing that the soil amendment you're producing and using in your yard is natural and free from fossil-fuel-derived additives common to many store-bought soil

amendments. Composting also helps build community because of your ability to share harvested compost and knowledge with friends and neighbors.

Composting can be easy, fun, and satisfying as you turn "trash" into a yard and garden that's the envy of your neighbors. To learn more about various composting methods, turn to the Clark County Master Composter Recyclers! There are plenty of free composting resources on their website: ClarkCountyComposts.org. The Master Composter Recyclers also host workshops throughout the year, including four in May. The workshops are free, though registration is required. Go to ClarkCountyComposts.org for workshop information and registration.

Rethinking Dandelions

By KATIE WOLF, WSU Clark County Extension Master Gardener

Many weeds that resume growing in the spring are early nectar and pollen sources for bees at a time when other forage sources are limited. Dandelions are an early source of pollen, but social pressures dictate that it is a nuisance plant and it's commonly targeted for removal. But before investing time and resources in removing dandelions, stop and consider the benefits of a flowering lawn, which is a lawn that in addition to turf grasses, includes flowers.

Dandelions's lovely yellow flowers provide not only pollen for bees, but also bright spots of color that remind us that spring has arrived. And for individuals willing to expand their lawns to support pollinators, numerous online resources offer advice on adding other wildflowers into your lawn mix - such as clovers or creeping thyme. Embracing the concept of flowering lawns not only increase pollen and nectar sources for bees, but flowering lawns better withstand environmental pressures and increase biodiversity.

Source: University of Minnesota Bee Lab



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Photo by Laura Heldreth

10 TIPS for Creating a Spring Plant Shopping List

By LAURA HELDRETH, WSU Clark County Extension Master Gardener

Last fall, I made a video on my iPhone as I walked through my garden. I made it for myself - to watch in the spring, right before writing my spring plant-shopping list. In my video you can hear me say "Look at how full that bed is...you don't need any new plants here!" And I also point out problem spots and plants that I want to remove and replace.

You see, I love to buy plants. Wandering the garden in March, there is much bare soil and I forget that come June, those bare spots will disappear as the herbaceous perennials lying dormant under the soil fill in.

Last March, as I was nervously preparing to open my garden for the Natural Garden Tour, I panicked, seeing all of that bare soil. I picked up 200 small plants and ground covers to fill the open spaces. A month later when I went to plant them, the garden had

already started filling in and I realized my mistake.

The following are ten tips that I use when building my spring plant-shopping list. It's easy to get off-track or overwhelmed at busy spring plant sales and purchase plants that you may later regret. Following these tips will help you manage your time and money at sales.

1. Repetition of plants and colors creates a cohesive look and feel to your garden. Look around your garden and ask yourself if you need to repeat a plant idea or combination. It isn't the most exciting plant shopping, but it will help pull your garden design together.

2. Remove plants that you hate or that aren't thriving and research something new to plant there. Life is too short to grow plants that you don't like!

Continued on next page ▶

3. Fill your garden with your favorite things. Does your garden include your favorite fragrance, sound, flower, and color? If it doesn't, now is the time to add it to your shopping list. Your garden is for you and your pleasure.

4. Develop strategies for problem areas in your garden. Whether you have thick, heavy clay soil or a windy slope there are solutions. If you're feeling stuck, contact the contact the WSU Clark County Master Gardener answer clinic at (564) 397-5711 or MGanswerclinic@clark.wa.gov for help developing a strategy.

5. Think about how you like to enjoy your garden. Figure out what you want to do in your garden and when you want to do it. Do you want to sit and meditate in the morning or host barbecues? Honing in on what you want from your garden will help you create a space that you will use and savor.

6. Research the plants on your list before you visit nurseries and plant sales. There are many great online resources to help you select plants that will thrive in the Pacific Northwest, such as Great Plant Picks, eGardenGo, and Plant Lust.

7. Add a drift of flowers for pollinators. Bumblebees, butterflies, hummingbirds and moths need our support and they thrive on flowers planted in large quantities. Some great options are lavender, hummingbird mint, asters and herbs.

8. Purchase one of your dream plants. You know you've had a plant you've always wanted to grow; seek it out and buy it! If you don't know where to find it, search online to find a local grower that has it in stock.

9. Create a budget for impulse plant purchases, just in case you discover a plant that you hadn't considered before but want to try out.

10. Now, go back through your plant shopping list and makes sure that you purchase annuals and/or herbaceous perennials in quantity – such as in threes or fives. This makes the choice look deliberate and less cluttered as compared to having a bunch of single plants.

I believe that the best part of growing a garden is that it is never finished. I've re-watched my garden video several times now and my plant list is more practical this year. Have fun plant shopping; I'll see you at the sales!



Photo by Bekah Marten



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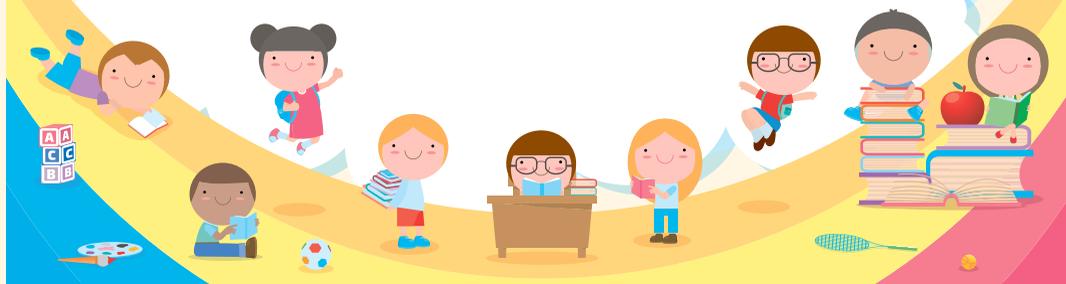
ANNUAL CHILDREN'S CULTURAL PARADE

**May 10 – 10:15am -
Fort Vancouver National
Historical Site**

Celebrating the diversity of Vancouver, 3rd and 4th grade children study cultures from around the world and share what they have learned in a parade. The parade provides an opportunity for each child to share with the community his or her own unique culture and includes school marching bands and more than 1,600 third-grade students celebrating the community's diversity. The Children's Cultural Parade begins at the national park's Pearson Air Museum (1115 E. Fifth Street, Vancouver, WA 98661) and continues north on E. Reserve Street, turning west on Evergreen Boulevard, and finally turning south to follow the Park Road across E. Fifth Street straight into the national park's reconstructed fur trade-era stockade (1001 E. Fifth Street, Vancouver, WA 98661). After the parade, children will gather inside the fort for a presentation by park rangers and local educators.



KINDERGARTEN ROUND UP!



Many elementary schools in Clark County are hosting open house events during the month of May for kindergarteners who will begin school in fall 2019. Registered students and their families are invited to visit their elementary school, meet teachers and learn more about the kindergarten program. Visitations typically last about one hour.

VANCOUVER PUBLIC SCHOOLS

If you don't see your home school listed or don't know which school boundary you live in, contact Vancouver Public Schools: vansd.org

May 9, 9:30am Fruit Valley Elementary	May 21, 4pm Sarah J. Anderson Elementary	May 29, 9am Ogden Elementary
May 16, 4:30pm Walnut Grove Elementary	May 23, 9am Hough Elementary	May 31, 6pm Roosevelt Elementary
May 17, 10am Eisenhower Elementary	May 23, 1:30pm Washington Elementary	May 31, 1:30pm Salmon Creek Elementary
May 20, 5pm Marshall Elementary	May 23, 5:30pm Minnehaha Elementary	May 31, 9am Chinook Elementary

EVERGREEN PUBLIC SCHOOLS

If you don't see your home school listed or don't know which school boundary you live in, contact Evergreen Public Schools: evergreenps.org

Pioneer Elementary May 17, 10:30am	Burnt Bridge Creek Elementary May 14, 5pm	Fisher's Landing Elementary May 15, 2pm
Mill Plain Elementary May 31, 10am	Crestline Elementary May 7, 10:30am	Harmony Elementary May 1, 3pm
Image Elementary May 30, 1:30pm		

BATTLE GROUND PUBLIC SCHOOLS

Call the district boundaries office for information on the school your child will attend: **360-885-6577**

CAMAS SCHOOL DISTRICT

Registration for fall begins in February each year. Parents of future kindergarteners are encouraged to attend

kindergarten orientation at their school in May. Registration packets will be accepted during orientation. Parents can also choose to register at the district office by appointment. Questions? Contact our district registrars at **360-833-5410** or registrar@camas.wednet.edu.

WASHOUGAL SCHOOL DISTRICT

Contact the district office for kindergarten registration information: **360-954-3000**

RIDGEFIELD SCHOOL DISTRICT

Contact the district office for kindergarten registration information: **360-619-1301**

Family Activities

April 26

CELEBRACION DE MI GENTE

5pm-8pm. Clark College invites the community to participate in an evening of free, family-friendly activities that celebrate both Latino culture and the value of literacy. Celebrate with dancing, singing, environmentally friendly games, arts and crafts, and yummy snacks! The event is free and open to the public. "Celebración de Mi Gente: El Día del Niño/El Día del Libro" ("Celebration of My People: Day of the Child/Day of the Book") is an annual event hosted by the college. It is held on or near the Mexican holiday of Día del Niño, which is also celebrated as Día del Libro by the American Library Association. For more information, visit www.clark.edu/cc/latino

May 3

PARENTS' NIGHT OUT @ CLARK COUNTY FAMILY YMCA

6pm-9pm. Can't remember the last time you ate a meal out that didn't come with crayons? Drop your children off in a safe, structured environment where kids are able to play, make crafts and wind down with a movie while you slip away kid free for a few hours. (5 to 6 PM, early drop off* \$5 per child, members only) Ages: 6 weeks to 12 years. Register online or at the front desk. Members: \$15.00 per child. Non-Member: \$25.00 per child. Dinner not provided.

May 11

BOUQUET COOKIES FOR MOM WORKSHOP @ FELIDA COMMUNITY PARK

1pm. Kids will get a hands on, guided lesson experience where they will expand on basic knowledge and learn intermediate decorating techniques such as outlining, flooding, wet on wet and realistic design. At the end of the workshop, each child will take home their decorated cookies. No baking will take place in the class and no experience is required. What's included in the workshop: 2 hours of instruction, treats, and playtime at Felida Community Park. All supplies and ingredients needed to decorate 4-6 cookies including wrapping to package your cookie bouquets to gift on Mother's Day. We'll also be making mom an edible cookie card. Tickets are non-refundable (in most cases) but they are transferrable or may be used for another class in the future. Class size limited to 20. Parents must stay on site during lesson to ensure a comfortable experience for their child and a quality experience for the group. Younger siblings are welcome to come, enjoy treats and play on the playground. Get tickets at www.kristenslatedesign.com

May 11

FREE YOUTH ROPING CLINIC @ CLARK COUNTY SADDLE CLUB

9am-5pm. Sign Ups and release forms start around 9am. Ground dummy roping start around 9:30/10ish. Horse/dummy roping 11ish, lunch around 12:30, live cattle around 1:30ish. 10505 NE 117th Ave, Vancouver

May 11

KIDS FISHING FESTIVAL @ COLUMBIA SPRINGS

8am-2pm. Kids ages 5-14 are eligible to fish with an expert fishing mentor. Everyone must sign up to fish during a specific hour but you are welcome to enjoy the festival for the duration of the event. The last hour of fishing is reserved for children with disabilities. Tickets are \$7/person in advance. Non-fishers can purchase a \$10 ticket at the door but please be aware tickets for fishers do sell out! The ticket price includes nature games and activities for the whole family, a BBQ lunch, fishing pole for registered fishers, and the opportunity to catch up to two trout with the help of a fishing mentor provided by Columbia Springs. Please note: it is not guaranteed you will catch a fish. Learn more at www.columbiasprings.org/events

The Gardens at Fort Vancouver National Historic Site

By JIM PESTILLO

Today, the Interpretive Garden at Fort Vancouver National Historic Site provides the visitor not just an educational experience of historic and useful plants, but a “pleasure garden” designed for casual strolling throughout the year.



18 | APRIL 2019





The Fort Garden, by Jim Pestillo

The gardens were at their greatest extent in acreage in 1845. Since then, the agricultural efforts at the fort have been relocated, reduced, enlarged, re-designed and re-defined — not once but several times — due to changes in management, resources, and historical information.

When the Hudson's Bay Company — founded in 1670 — moved into the Pacific Northwest in the early 1800s, it intended for its new Columbia Department to be as self-sufficient as possible, including producing food under the management and logistical support of Fort Vancouver. By its peak year in 1845, Fort Vancouver's agricultural holdings included thousands of acres of pasture; 1400 acres of cultivated fields; an eight-acre garden; a five-acre orchard; and thousands of head of livestock, including cattle, pigs, sheep, horses, and hundreds of goats, chickens, turkeys, and pigeons.

Field crops included wheat, peas, oats, barley, buckwheat, potatoes, and corn, plus clover, tares, timothy, flax, hemp, etc. All this is a matter of record. These had significant commercial value, and clerks had to log them in the company's books. The produce from

the garden and orchard, however, had no commercial value and was not recorded. It was rarely sold and did not add to Hudson's Bay Company's wealth because it primarily fed the staff and their families within the stockade walls.

What little is known today about what plants were grown in the garden and orchard comes to us mostly from anecdotal evidence: old shipping documents, field notes from explorers and infrequent scholars, and personal journals and diaries from occasional visitors.

Yet even with this incomplete record, it is clear that every major food crop grown in the United Kingdom and Canada, and even the Northeast United States, was grown here — or at least attempted. Through trial and error, the company gained knowledge of what would survive and thrive in the climate and soils of this land, hitherto unknown to Western agriculture. This knowledge was nearly as important to new arrivals as the plants and seeds themselves.

The main path to the fort is now bordered by herbs and flowers, as are the east and west sides of the garden. There are delightful and unexpected

surprises scattered about, such as colewort, rhubarb, horseradish, and sorrel. There are also 25 heirloom roses along the east fence line, plus four more pairs highlighting other parts of the garden. It is a delight for all five senses: the tastes and textures of the fruit and vegetables, the sights and smells of the herbs and flowers, and the sounds of the birds and the breeze on a quiet day.

By 2010, the Interpretive Garden, in one form or another, had been here 36 years — as long as the total duration of the Hudson's Bay Company at Fort Vancouver (1825-1860) — and in that sense worthy of a historical footnote of its own. Unlike the long-gone Hudson's Bay Company garden, however, the Interpretive Garden continues to survive and thrive and grow.

Jim Pestillo is a retired engineer with an interest in local history. He was a volunteer at the Fort Vancouver Garden for many years. This selection is adapted from an article published in *Clark County History*, Volume LI (2017), available for purchase at the Clark County Historical Museum.



GARDEN DÉCOR

Inside and Out

By VALERIE SLOAN for The Columbian





Many homeowners take up gardening to transform their landscape with beautiful flowers and foliage, while others do so to yield fresh fruits and vegetables. However, gardening can be more than just a weekend hobby. In fact, it may be especially beneficial to surround ourselves with more plants and natural decor, whether in the yard or in the home.

Studies have indicated that gardening can be good for the mind and body. In addition to improving mood and reducing stress, plant life and gardening also helps people have a more hopeful outlook on life. If reaping the benefit of a beautiful yard is not reason enough to get into gardening, elevating your mood and coping with depression or illness may be further motivation to start developing your green thumb.

Home and garden decor trends seem to be following suit, offering individuals more opportunities to surround themselves with potentially therapeutic plants. Explore these emerging and established concepts to try around your home.

LIVING WALL PLANTERS: A living wall planter can add greenery to any décor without taking up table space. These are ideal for outdoor structures. A living wall planter is a framed device that houses plants in a manner that enables them to be vertically mounted to a wall surface. While there are commercially available models, you can create your own design and paint or stain it to match the existing décor.

Continued on page 22 ▶





COMBINING FISH WITH GARDENING: Enjoy the best of two relaxing worlds by installing a water feature in your yard. Garden retailers offer ready-made kits that can make fast work of establishing a pond or other water feature in the backyard. Otherwise, there are plenty of garden supply companies and installers who can suggest a design and put in your desired water features. Add fish suitable for outdoor life to your pond. These include koi and certain goldfish varieties. Game fish are discouraged because they can destroy pond plants.

CREATIVE FURNITURE DESIGNS: Maybe you're a person who appreciates the unique and whimsical? Tables, benches and chairs can be built with planting channels that enable you to have greenery and garden décor in one piece. Envision a picnic table with a cutout down the center for a thin row of plants or decorative grasses. This is a project the entire family can get behind, as the more creative ideas the better.

OUTDOOR LIGHTING: People who like to spend time in their gardens and yards may not want to be limited by sunrise and sunset. By incorporating different lighting sources, you can create a retreat that is welcoming at any hour. Although flood lights and overhead lights can illuminate a space, consider ambient and decorative lighting to create the desired mood.

FIRE PITS AND FIREPLACES: A blazing fire creates a cozy spot to gather on chilly evenings, but fire pits and fireplaces also can be used as impromptu cooking spots for s'mores or hot dogs. You can purchase a stand-alone fire pit from any number of retailers or build your own with patio pavers and fire bricks

Continued on next page ▶

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to line the interior of the fire pit. Outdoor fireplaces require more work, and you want to hire a mason to ensure proper installation.

GAMES: While plants and seating may take center stage, some people still want to have fun in their yards. There's an increased demand for yard designs and décor that can put the fun in backyard living. Bocce courts, ring- or horseshoe-toss setups, as well as bean bag-toss boards, can be incorporated into landscape designs, giving you yet another reason to spend a few hours in the great outdoors, where you can experience a few healthy laughs in the process.

FIND LOCAL ART Visit the Vancouver



Gardening and spending time outdoors are great hobbies and may even boost your mood. Visit one (or all) of these local vendors at the Vancouver Farmer's Market and find the garden décor perfect for you!

ALL BOTTLED UP

This small family owned business has a passion for recycling. All of their unique home & garden décor pieces are designed & hand crafted in their Vancouver studio from salvaged glass collected in Clark County that would

have otherwise ended up in the landfill. Each piece is original, unique and one of a kind.

DON PERRY METAL ART

Don uses metal, including recycled sawblades, to make whimsical garden art, including sculptures and mirrors. Many of his pieces are beautifully colored by applying heat to the metal. One of his most popular items is a garden sculpture that spins in the wind.

STEELSMITH FABRICATION

This group specializes in ornamental ironwork, from garden art to iron gates. All designs are original, and they welcome custom orders.

THREE SISTERS NURSERY

This family owned nursery has more than ornamental trees. Terry Powers uses recycled materials to create art. From automotive parts to light bulbs, this "junk" gets a second chance to become lawn ornaments, arbors, or whimsical sculptures.



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EDIBLE LANDSCAPES

You can fill your garden with plants that are not just pleasing to the eye, but beneficial to your diet as well.

By VALERIE SLOAN for The Columbian

We know it's healthy to eat the rainbow and a plate full of colorful vegetables looks tasty. You can also take advantage of those bright, beautiful colors in your garden. Try these decorative edible plants to enhance your landscape and your meals.

Artichokes are a species of thistle. The edible portion of the plant consists of the flower buds before the flowers bloom. If you choose to let it blossom, you will have a gorgeous purple flower with prickly leaves on a tall stalk.

Eggplants are, by definition, berries. They range in color from white to red, glossy plum to almost black, definitely an exotic addition to any landscape.

Ornamental Kale & Cabbage are typically grown for their pretty leaves, although they are edible. They are a hardy plant with coral shaped leaves, very good for borders and can also be grown in containers.

Onions/Garlic/Chives - Humans are the only animals that eat alliums, so these plants are safe from predators. Flowers are white, pink or purple. Keep them near the edge of your landscape, so you can dig them up when harvesting.

Hot Peppers are an enchanting decorative plant because they come in such bold and contrasting colors. They thrive in containers or can be planted directly in the ground.

Thyme, oregano, chamomile, sage, rosemary and lavender are among the most popular ornamental herbs. These can all be harvested in small amounts as needed, leaving the plant to flower and thrive in your garden.

Roses, violets, honeysuckle, marigolds, daisies and nasturtiums are not only delightful to look at, they are edible! Their petals and blossoms give salads and desserts, smoothies, syrups and teas a unique and special flavor.

BONUS: The next time you are working in your yard, planting, weeding or trimming, you will have a wholesome snack right at your fingertips!



RECIPE

Lemon Chicken with Asparagus

Provided by Laura Wenrick

Lemon Chicken with Asparagus is a colorful, fresh, healthy, tasty and quick. Stove top to table in less than 30 minutes.

INSTRUCTIONS

- 1. Chicken:** Cover the chicken breasts with plastic wrap and pound until each piece is about a 3/4 of an inch thick, or if breasts are thick, just slice carefully in half. Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and saute for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate.
- 2. Asparagus and Lemons:** Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they caramelize and pick up the browned bits left in the pan from the chicken and butter. Remove the lemons from the pan and set aside.
- 3. Assembly:** Layer all the ingredients back into the skillet - asparagus, chicken, and lemon slices on top.

COOK TIME: 10 mins
TOTAL TIME: 20-25 minutes

INGREDIENTS

- 1 to 1.5 lbs. boneless skinless chicken breasts
- 1/4 cup flour
- 1/2 teaspoon salt, pepper to taste
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1-2 cups chopped asparagus
- 2 lemons, sliced
- 2 tablespoons honey + 2 tablespoons butter (optional)
- 3 large carrots, shredded (about 1 1/2 cups)
- 3/4 cup raisins (optional)

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Weight Loss is an INSIDE JOB

By LETHA BRANDENBURG, owner of The Healthy Weigh

I've seen hundreds of men and women lose thousands of pounds over the last 38 years working in the weight loss industry. I've helped many people lose weight, which looks to be an outside job, but I've discovered over the years that weight loss is most definitely an inside job. The truth is, I've never seen a lasting solution to any problem, including weight loss, that happens from the outside in. The inside out approach to weight loss shows us among other things, that private victories precede public ones.

Public and Private Victories

We celebrate our weight loss by sharing our pounds shed and inches lost, our public victories. But how many private victories need to take place over the weeks and months to create those public victories?

Private victories look like being in a healthy relationship with yourself. Keeping promises and following through with what you told yourself you'd do. I've learned that making and keeping promises to ourselves precedes making and keeping promises to others.

How many of us would say that it's easier to keep a promise to someone else than to ourselves? Lasting change, growth and healing come when

first you keep those promises to yourself. That's the work that's done on the inside.

It's not enough to follow a diet and see the outside shell change it's form. It's the inside work that shows up on the outside that makes the change permanent.

I've always found it to be unfair that weight gain is a consequence of abusing food. (When I use the phrase "abusing food" I'm saying using food as a drug, using food to numb or avoid pain or abusing food because you chose to eat more calories than your body requires.) You can't hide the consequences of that behavior like some other unhealthy activities. It shows up on the outside for everyone to see. But it's not enough to make it go away on the outside... that's working from the outside in and the weight came on from the inside out.

If you just work to take care of the consequences of your behavior (the outside of your body) and never deal with the inside job (what drives the behavior) you will have temporary success, at best.

The public victories...the image that we show the world, those are good, and honestly those will inspire us to keep going. But the private victories that have to do with the inner man, the one that is under the surface... that's the journey of transformation and permanent change.

So while your doing the hard work of practicing the way of a healthy, slender person on the outside; planning your menus, going to the grocery store, prepping your food ahead of time, throwing out inappropriate foods and making your environment safe, weighing and measuring your food, drinking water, taking yourself for a walk every day...it's

just as important to practice the way of a human, experiencing emotional growth and progress. Practicing the way of a person healing from the inside out. That list is also long...and varied depending on the person. I like to think of those healthy practices being downstream practices and upstream practices.

Upstream or Downstream

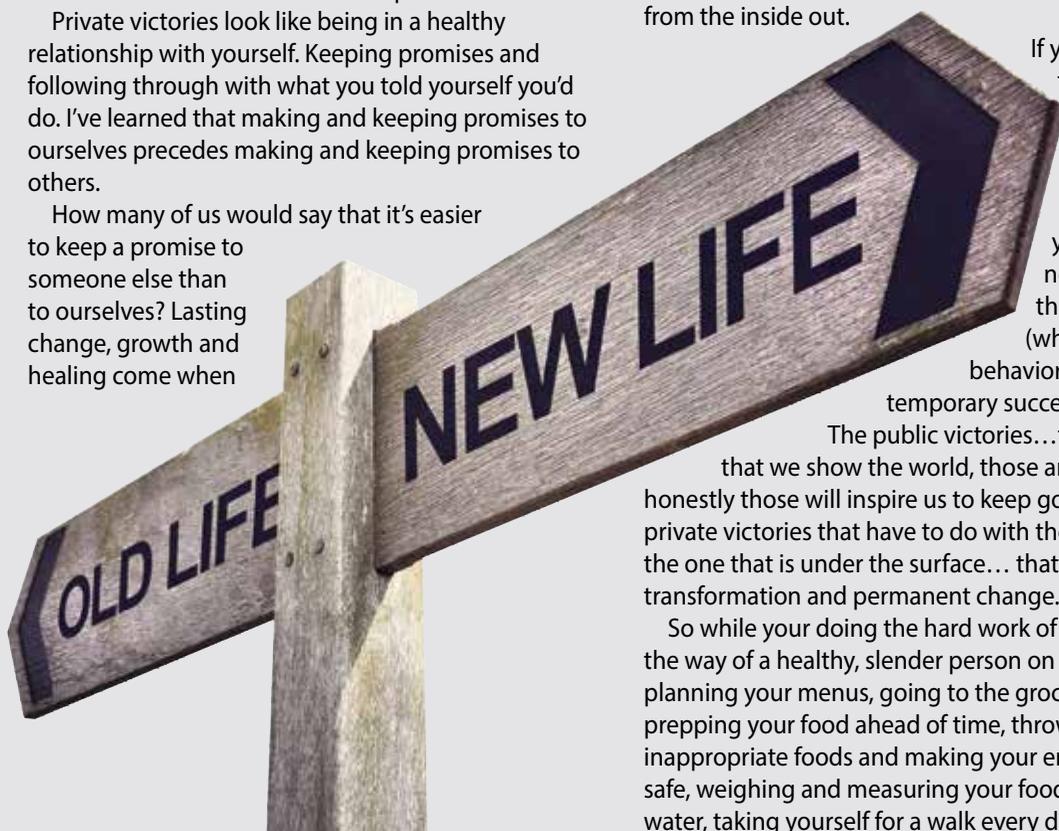
A "downstream practice" is a practice that you find easy, fun, and life giving. You look forward to doing it and it comes somewhat naturally. If you're an introvert, it might be meditation, reading or journaling. If you're an extrovert it could be being in community with others, meeting up with a support person and prepping your meals together or scheduling a conference on growth, or going on a hike with a group.

An "upstream practice" is a habit that a person finds hard, not all that fun, and is challenging physically and/or at a soul level. It hits you where you're weak. An upstream practice might be vulnerably sharing more of your story with someone you trust. It might be journaling your feelings that you haven't faced or exercising regularly.

We need a healthy blend of both downstream and upstream practices to be transformed. Changing from the inside out is going to require you to invest in some upstream practices. Chances are, you've got the downstream ones down and you possibly use those as excuses as to why you're not getting around to the upstreams. And chances are...the ones you're NOT doing, are keeping you from permanent change.

Upstream practices don't come easy. They feel awkward, unnatural and that's OK. That's what change feels like. Practicing the way of a healthy person can be a downstream work...and will surely be an upstream work. Which ones come naturally? These could be downstream practices for you. Which ones might take more effort or intention? These could be some of your upstream practices.

Make a short list of your downstream practices and your upstream practices and do one of each this week. Practicing the way of a healthy person is going to take a little or a lot of both, but one things for sure, the permanent change and the transformation you're looking for will happen from the inside out.



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In Remembrance

On Monday, May 27th, we will be publishing a special **Memorial Page** in memory of friends, family members and anyone whose memory you still hold dear. This special page will also be viewable online at www.columbian.com/greetings. To have your loved one included, simply fill out the coupon below and select a tribute and a graphic.

Order form can also be found online at www.columbian.com/greetings.

Select one of these Tributes:

1. We'll never forget you. May God cradle you in His arms for eternity.
2. Forever missed. never forgotten.
3. Your courage and bravery inspire us, and your memory strengthens us to bear the burden of your loss.
4. Create your own: _____

SAMPLE LISTING Cost: \$37

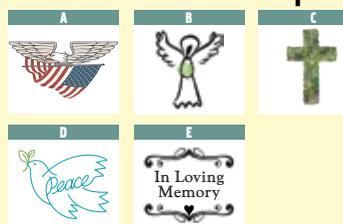


DANNY G. PEOPLES
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All Your "Peeps"

Select one of these Graphics:



Please include my loved one on the special Memorial Tribute Page:

Name of deceased (please PRINT) _____

Deceased's date of birth _____ Date of passing _____ Selected tribute (1-4): # _____

Selected graphic (A-E): _____ Remembered by _____

Include a photo of your loved one (\$5.00 additional charge)

Yes (please enclose with order) No

PLEASE DO NOT SEND ONE-OF-A-KIND, IRREPLACEABLE PHOTOS.

Your Name (please PRINT) _____ Mailing Address _____

City _____ State _____ Zip _____ Daytime telephone number _____ Email Address _____

Method of payment: Cash Check Credit Card

VISA, Discover or MasterCard # _____ Expiration date: (M/Y) _____ Signature of cardholder _____

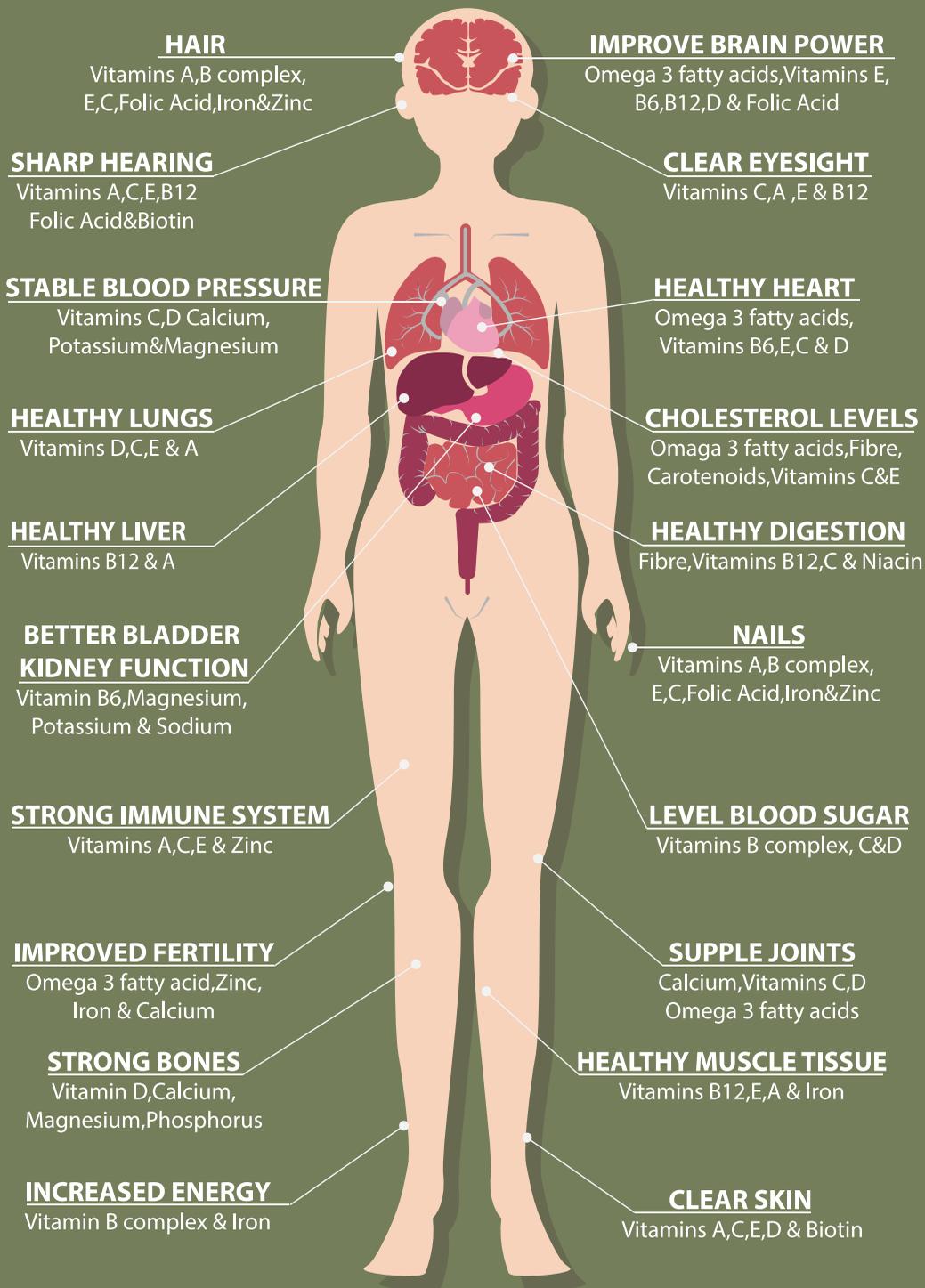
The cost of this special memorial is \$35 with photo, or \$32 without photo. Create your own tribute with photo for \$37 for 3 lines of text, or \$32 without photo. Each additional line of text is \$1 per line. Memorial Tribute Page Deadline: Monday, May 20, 2019, 4 pm.

Mail or bring your Memorial Page tribute information to:

The Columbian offices at 701 W. 8th St.
PO Box 180, Vancouver, WA 98666-0180
ATTN: Private Party. OR
E-mail to stuff@columbian.com



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RIDGEFIELD

Washington's Fastest Growing City

Some people may be surprised to learn that the fastest growing city in the state of Washington is right here in Clark County. Ridgefield has been on the list of fastest growing cities for many years due to several waves of growth and development. And it's not just the population that's been growing, but the actual city limits. Once limited to a downtown area and surrounding farmland, the city of Ridgefield has now expanded to reach the I-5 interchange area and beyond. It's this Ridgefield Junction area that has seen the most rapid development. Major waves of

growth have already brought a Dollar Tree Distribution Center, Corwin Beverages, Parr Lumber, United Natural Foods, and other major businesses to this area that spans either side of the I-5 interchange. New home communities have been steadily growing in Ridgefield, and new businesses are springing up all around. There are planned sites for a new Vancouver Clinic location and Clark College campus, as well as the city's first full grocery store, a Rosauers Supermarket.



Did You Know?

Ridgefield is home to the newest West Coast League wood bat baseball team, the Ridgefield Raptors, who make their home at Ridgefield Outdoor Recreation Complex.



COMMUNITY EVENTS

Experience the charm of Downtown Ridgefield, known for its unique shops and pedestrian-friendly "Main Street America" feel. Overlook Park and Davis Park are great places to find small town events and celebrations such as 4th of July, outdoor movie nights and the farmers market.

Find music, fun, food, family-friendly activities and a sense of community at downtown Ridgefield's First Saturdays. You'll find a variety of activities and entertainment there like local artists displaying their work, sidewalk chalk drawing contests, athletic events, and other pop-up activities. You'll also find the Farmer's Market, sidewalk sales, outdoor concerts, local eateries and food vendors to enhance the festive atmosphere.

May Day Spring Festival May 4

It is the Anniversary of First Saturday!! Join us to usher in a fresh new season complete with Maypole dance, Farmer's Market season grand opening, outdoor games, scavenger hunt, art, food and more! The Ridgefield Art Association is hosting its annual art fair & sale at Overlook Park.

The Garden Club will also hold its annual plant sale at the Ridgefield School District Maintenance Building. The Big Paddle on June 1 is a whole day of all activities in Ridgefield include canoe, kayak or paddle board adventures on Lake River, and other festivities like vendors at Paddler's Village, live music, a wine and beer garden, and an obstacle course for all ages.

Birdfest and Bluegrass October 5

Help celebrate the 20th Anniversary of BirdFest! Enjoy the sights and sounds of fall migration and bluegrass music throughout

Ridgefield! The 2019 schedule of events is being planned currently. To get an idea of what usually happens during Birdfest and Bluegrass, you can check out the 2018 schedule of events on the Friends of the Refuge website.

Big Paddle and More June 1

Ridgefield is celebrating National Trails Day with festivities at the waterfront and downtown and trolley rides in between. At the waterfront enjoy a canoe, kayak or paddleboard adventures in the morning and afternoon along with Paddler's Village,

live music, a wine and beer garden, a self-guided waterfront hike into the Ridgefield National Wildlife Refuge, an obstacle course for all ages and lots more activities. For the first time in 2019, see a demo and scrimmage from the Portland Kayak Polo Team. And, a huge water surprise will be unveiled!

Roaring 20'S with Wine November 2

Wine, Chocolate, food and activities for 21-and over all under a big tent at Overlook Park — with heaters and live music! Sip delicious local wines paired with decadent chocolates or foods prepared with chocolate. Listen to live music and

enjoy activities that are more fun with wine — painting classes, chocolate art, and roaring 20's themed games. For the younger crowd, visit the Chickadee Art Festival sponsored by the Ridgefield Art Association. Non-alcoholic tasting opportunities for those under-21, art, and interactive activities!

Homecoming and Spudder Fest July 6

Invite and meet Ridgefield High School Alumni and long term Ridgefield residents

who are returning for the festivities. Enjoy "Spudder" inspired games, potato food choices, a Ridgefield-Family photo, and MORE!

Hometown Celebration December 7

Join your friends and neighbors for the 20th Anniversary of the Hometown Celebration! All day fun for the whole family and kids of all ages. The fun begins in historic downtown Ridgefield with an Ugly Sweater Run at 9am, then the Columbia Credit Union Food & Gift Festival at Overlook Park at 10am including the Farmer's Market vendors, roasting nuts, and 20+ additional vendors. You will also enjoy live music performances featuring

Ridgefield school bands and choirs on the stage and around town. Other activities around town include cooking decorating and holiday crafts, pictures with Santa, meet the Grinch, holiday trailer rides with Santa, a living nativity scene and a family games & activity center. The tree lighting ceremony and caroling will begin at 4:30pm at Overlook Park. Enjoy a holiday performance by DanceFusion, a cup of hot chocolate or hot cider, sweet treats and a community sing-along. For later evening fun, attend the acoustic guitar holiday concert.

"Play" in the Park: Find Adventures in Your Own Backyard August 3

The sultry days of summer are upon us. So saunter downtown for food,

friendship and fun. Enjoy an off-off-off Broadway performance written and acted by residents, have a picnic, play backyard games, challenge yourself with a scavenger hunt and more summer friendly activities.

Multicultural Festival September 7

The Second Annual Multicultural Festival will showcase Ridgefield's traditional heritage and rich cultural diversity and also introduce visitors to cultures from around the world through live music,

dance performances, storytelling, cooking demonstrations, sporting events, kids activities and a wide range of ethnic vendors. The Festival will include a variety of multi-cultural entertainment from Native American, Asian, Hispanic, Latin, Jazz and African performers.

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OWNER OR CEO:

Matthew and Seidy Selivanow

YEARS IN BUSINESS:

Founded in 2015. After 3 years of roasting wholesale, we opened our downtown Vancouver Coffee Lab in 2018.

WHAT PRODUCTS DO YOU MAKE?

Freshly and locally roasted coffee, for the wholesale market as well as for the coffee lover at our Coffee Lab in downtown Vancouver.

WHERE ARE THEY AVAILABLE?

At our Coffee Lab in downtown Vancouver, by special order online through our website where we are able to ship nationwide, at Chucks Produce and some of our wholesale partners also carry retail coffee bags.

WHAT MAKES THEM UNIQUE AND SPECIAL?

We pride ourselves in being a coffee roasting company / coffee lab that is passionate about coffee and its incredible journey from farm to cup. We work hard, have fun, and serve our clients and customers with unique freshly roasted, Certified Organic and Fair Trade coffee, while educating and empowering others.

If you stop by our Coffee Lab in downtown Vancouver you would be able to learn more about the beans, brewing methods, roasting process and more. We offer home brewing classes, free cuppings and are always eager to chat coffee.

We believe in serving our community and that with coffee we can make our world a better place. You can join us in this journey!

WHAT IS YOUR COMPANY'S MISSION AND VISION?

To provide freshly roasted Organic, Fair Trade coffee that is sustainable and beyond delicious while educating others about the incredible journey of coffee from farm to cup.

WHAT IS ONE OF YOUR BUSINESS GOALS FOR THE NEXT YEAR?

Keep serving and educating our community about coffee and its incredible journey from farm to cup.

ANYTHING ELSE YOU WOULD LIKE READERS TO KNOW ABOUT YOUR COMPANY AND YOUR PRODUCTS?

We work with Café Feminino, a local non-profit that works to enhance the lives of women and families in the coffee-producing communities throughout the world. Look for our Café Femenino line of coffees and help support female coffee farmers.

We host free public cuppings at our Lab in downtown Vancouver hoping to share more of our coffees with the community.

Every month, home brewing classes are hosted at the Lab. In these hands-on and interactive classes, we will guide you through brewing techniques, equipment and more. We will help you to learn what it takes to brew the perfect cup of coffee at home.

Every first Friday of the month our space is open after hours along with our neighbors' businesses to tag along with the First Friday Downtown – Art Walk and offer the community more spaces to visit and foment art in all aspects.

Follow us on Instagram and Facebook for more eventst

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Facebook:

search for @kafiex



If you or someone you know is a local maker that we might feature, please send contact information to laura.wenrick@columbian.com for consideration.

April is Financial Literacy Month

By JASON ROTHKOWITZ, Program Manager, Financial Beginnings Washington

Since 2003, the United States has recognized April as Financial Literacy Month. This is a special time for financial institutions, nonprofits, educators, and others to raise financial literacy awareness and promote the need for personal finance education among youth and adults. One Washington organization in particular that celebrates and embodies the spirit of the Month is Financial Beginnings.

Financial Beginnings is a national nonprofit that has provided no-cost financial education programming to schools and communities in the Portland region for nearly 15 years. What started as a local effort to improve financial literacy in area high schools, has grown to include programming for all ages and grades, supporting educators and students at every level from money basics to economic concepts to personal finance lessons to career and postsecondary education considerations. Customized curricula meet or exceed existing state education standards, increasing equitable economic advancement and bolstering communities that value financial education.



To better serve Washingtonians, Financial Beginnings launched an affiliate office in Seattle in 2014. Over the past five years Financial Beginnings Washington (www.finbegwa.org) has trained over 500 volunteers, delivering financial education to more than 35,000 youth and adults in partnership with 100 schools and over 50 community-based organizations across the state. The organization provides engaging financial literacy and personal finance resources for teachers, students, and guest presenters, including guides for both educators and participants, as well as ready-made presentations, activities, in-class materials, and Spanish versions of most curricula. Free educational materials for learners of all ages are available on the organization's curricula download page.

Financial Beginnings Washington is driven to empower individuals to take control of their financial futures. To achieve this goal, the organization relies on an extensive volunteer network to provide on-the-ground support as well as the generosity of funding partners to offer no-cost programming to educators and participants. All volunteers are trained to effectively teach financial education modules that best align with their backgrounds, experience, and knowledge.

Financial Beginnings Washington offers K-12 students four separate, age-appropriate financial education programs. Curricula topics range from distinguishing between needs and wants, to establishing a checking account, to determining how poor financial decisions can decrease or delay life opportunities.

Building upon its impactful K-12 curricula, the organization recently made available new programming that serves (1) postsecondary students and (2) economically vulnerable adults and individuals in transition. The SAFE (Student Academy for Financial Empowerment) program empowers college students with the habits, mindset, skills, and information to enhance their financial well-being. SAFE combines several workshops with one-on-one coaching to help postsecondary students of all ages gain actionable strategies to reduce debt and address financial barriers to graduating. Five different learning modules help students better manage financial decisions and barriers, including setting goals, understanding income and taxes, building and maintaining strong credit, reviewing insurance needs, and planning for retirement.

The Forward program also combines group learning and individualized coaching from trained financial professionals but caters to economically vulnerable adults that need to mitigate debt, establish savings, and increase their financial stability. Focusing on individuals, four separate modules are covered to help adults envision the life they want, fund the life they want, manage the life they want, and live the life they want.

Financial Beginnings will have more classes upcoming in the next few months at Evergreen High School and Next, formerly Next Success, an initiative of Workforce Southwest Washington.

Jason Rothkowitz is a Program Manager at Financial Beginnings Washington. Contact him at 800-406-1876 ext 202 for more information about classes and events.



Since 2015, Financial Beginnings Washington has served youth and adults at 15 different Vancouver locations including:

- Cascadia Technical Academy
- Clark County Juvenile Detention Center
- Columbia River High

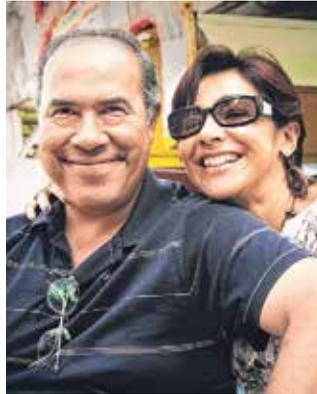
- Evergreen High School
- Fort Vancouver HS
- Grant House Restaurant
- HeLa High School
- Hudson's Bay High School
- Lieser Elementary School
- Mt. View High School
- Netrush
- Next

- Skyview High School
- Vancouver Flex Academy High School
- Walnut Grove Elementary School



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BEEER GARDENS

In The Couve

Now that Spring is here, what better way to enjoy a lazy Sunday than spending it outdoors with good friends and local brew? That's right, it's beer garden time! Here are a few places to check out:

1. SHANAHAN'S PUB & GRILL

209 W McLoughlin Blvd.

Dog Friendly. Enormous patio and home to The Infirmary, a rare spirits and cigar bar. Great bartenders, delicious food, and fun atmosphere.

2. THE OLD IVY BREWERY & TAPROOM

108 W Evergreen Blvd.

Pet Friendly. Named for the venerable climbing vine surrounding the patio, where you can enjoy a burger and one of their selection of brews, including guest taps.

3. TAP UNION FREEHOUSE

1300 Washington St. #200

Pet Friendly. Easygoing pub with a patio, fire pit, and board games - offering a variety of craft brews on tap & eclectic bites. Get a huge FREE beer on your birthday!

4. THE THIRSTY SASQUATCH

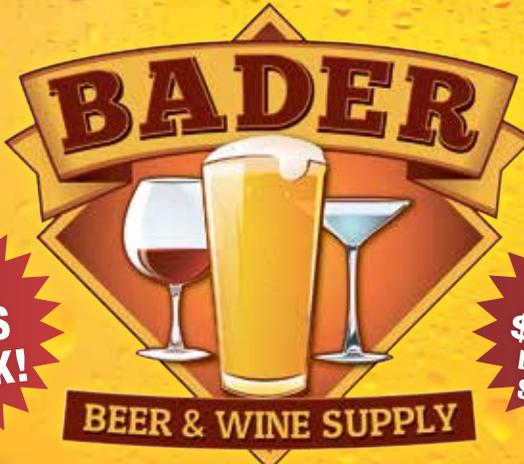
2110 Main St.

Dog Friendly. Low-key, wood-lined offering craft brews, locally produced spirits, cider & wine, plus a patio. No food served, so bring your own or have it delivered.

5. LOW BAR

809 Washington St.

No beer garden, but they do have a small outdoor area perfect for people-watching. Craft beer, cocktails, and wonderful scratch kitchen.



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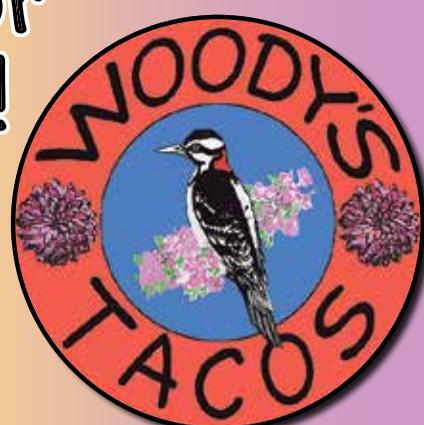
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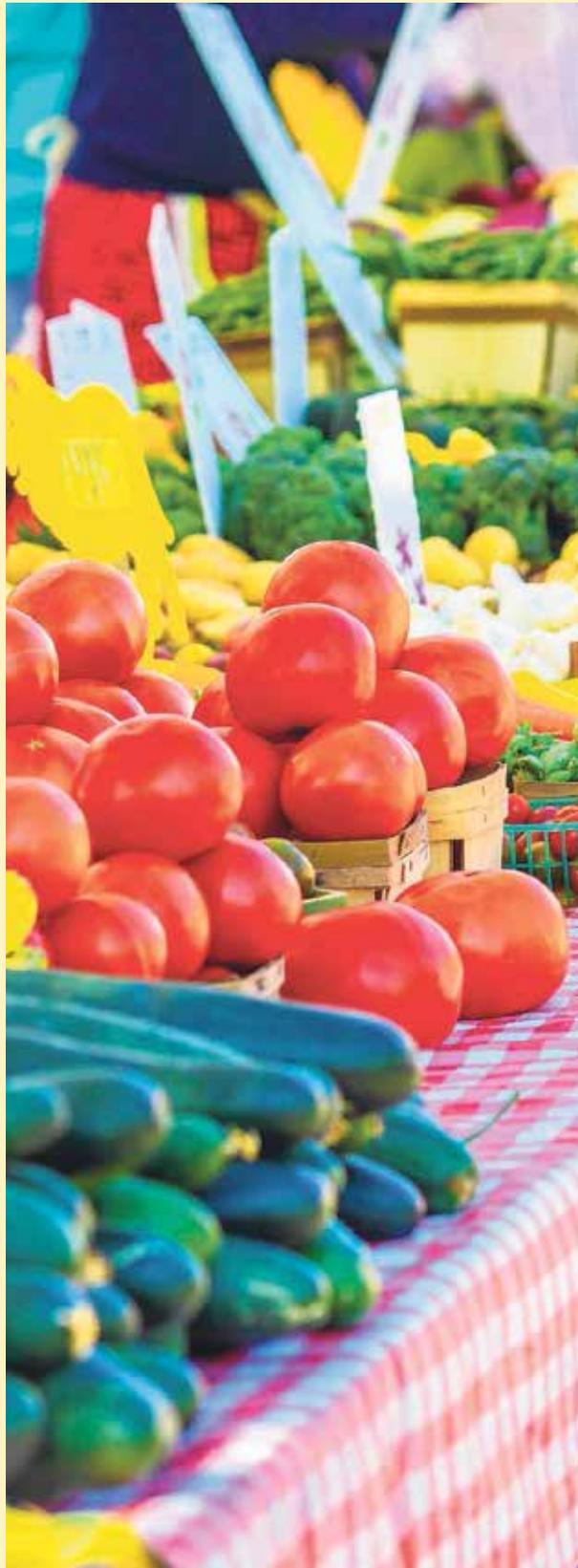
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SEVEN

reasons to shop farmers' markets

A farmers' market is likely coming to a field or open parking lot near you — if there isn't already one operating nearby. The United States Department of Agriculture says that, between the years of 2008 and 2013, the number of farmers' markets doubled across the country.

Farmers' markets will continue to thrive and expand as people increasingly realize the benefits of supporting local food providers. Buyers who are not yet familiar with farmer's markets can examine the following seven reasons to break the ice.

1. Enjoy fresh, seasonal foods.

Foods at farmers' markets tend to be limited to in-season offerings. Some nutritionists suggest eating seasonally available foods is better for your body, because humans ate seasonal produce for thousands of years before shipping and refrigeration changed how people received the majority of their foods. In addition, many people feel that fresh, seasonal foods taste better than the alternatives.

2. Discover new foods.

There's always something new at a farmers' market, and this can entice shoppers to expand their flavor palates. Explore interesting, locally grown items. Even children may fall in love with colorful fruits or vegetables and their refreshing tastes.

3. Embrace organic and non-GMO offerings.

Many farmers' markets offer foods that are organically grown and are produced without GMOs. Farmers' market retailers also tend to give firsthand accounts of where their foods come from and how they are grown or raised.

4. Indulge in nutritious foods.

The vivid colors and smells emanating from farmers' markets indicate just how fresh and nutritious the offerings tend to be. Farmers who peddle their wares at farmers' markets adhere to careful farming methods to ensure their foods are as nutritious as possible.

5. Learn secrets and recipes.

In addition to fresh produce, farmers' markets may offer baked and other prepared goods. Shopkeepers often mingle with their customers, offering trade

secrets and recipe ideas. Additionally, local farm families supported by farmers' markets generally offer supreme customer service to keep shoppers coming back week after week.

6. Turn the trip into a social excursion.

A farmers' market can be an exciting and flavorful social gathering place for families and groups of friends, as well as a great place to meet other members of the community. Sometimes farmers also mingle with local artisans, so the market can be a one-stop-shopping locale for locally produced food and art.

7. Save money.

Farmers' markets may sell organic produce at a cost comparable or even lower than other retailers. That's because local farmers don't have to transport their items as far as retailers whose foods were shipped from far away places.

Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers' market, where shoppers are bound to find something fresh, unique and delicious. —(MetroCreativeServices)

Now is the season to get a taste of locally grown produce at your local farmers market.

Vancouver Farmers Market

Weekends, March 16 - October 27, 2019
Saturdays 9am to 3pm, Sundays 10am to 3pm
6th & Esther St, Downtown Vancouver

Camas

Wednesdays, June 5 - October 2, 2019
3pm to 7pm
4th Ave, between Everett and Franklin,
Downtown Camas

Ridgefield

Saturdays, May 5 - October 5, 2019
9am to 2pm
Overlook Park, Downtown Ridgefield

Salmon Creek

Tuesdays, June 11 - October 1, 2019
11am to 3pm
Outside the entrance of Legacy
Salmon Creek Hospital

EVENTS

APRIL - MAY



trains, retro video games, transportation, die-cast, comic books, records and other pop culture fun! Early Bird 9:00 am: \$10 admission. General admission 10am-3pm: \$3 admission. Kids 16 and under Free. 9am - 3pm. Warehouse 23 Event Center: 100 Columbia Blvd, Vancouver. Free parking.

April 26 & May 10

VANCOUVER NIGHT MARKET @ TERMINAL 1/WAREHOUSE 23
Fridays 5pm-10pm. A family-friendly, monthly marketplace that celebrates local businesses, highlights the regional talent, and brings the people of our community together. Featuring 80+ vendors, live music, entertainment, drinks, food and more! Free to attend and open to all ages. 100 Columbia St.

April 28

WALK MS: VANCOUVER 2019 @ VANCOUVER FARMERS MARKET
10am. Walk MS brings together a community of passionate people for one powerful cause: to end MS forever. Team up for someone you love and register today for Walk MS. www.facebook.com/walkms

April 28

VANCOUVER TOY JUNKIES
Back with a big vintage show! Over 120 tables of vintage and collectible toys, dolls, games,

May 4

14TH ANNUAL MOCK TRI @ VANCOUVER LAKE
Shake out the Pre-Season Jitters with a Test Run Triathlon! Everyone welcome from First-Timers to Seasoned Veterans. The Portland Triathlon Club presents an awesome opportunity to practice your triathlon skills in a non-competitive environment: The 14th Annual Mock Tri. This is an excellent training event - allowing you to see where you are in your triathlon fitness, as well as offering first-timers the opportunity to try the sport in a supportive environment. This is "mock" triathlon is not a formal competition with finisher medals and official timing. It is a learning race where all participants see demonstrations, attend clinics, and go through a Sprint or Olympic distance triathlon. Everyone has a chance to "TRI" in a safe healthy atmosphere. Registration at www.pdxtriclub.org/mock-tri

May 3

CRMHF 2019 SPRING GALA @ WAREHOUSE 23
6pm-9pm. Enjoy dinner and entertainment, while listening to stories of hope and healing from Columbia River Mental Health. Learn how your support of our Hopes and Dreams Grant Program is helping change lives in our community. ASL INTERPRETATION PROVIDED. Purchase tickets here: crmhfoundation.org/spring-2019-gala/

May 4

CFC WILD & SCENIC FILM FESTIVAL @ CLARK COLLEGE
6pm. Cascade Forest Conservancy is hosting a screening of short films from the Wild and Scenic Film Festival. Please get your tickets today at the link

below, for just \$15. These films are the most beautiful and inspiring movies from the festival, all about outdoor adventure and conservation. Proceeds from this event go to CFC's programs, which helps protect the local public lands we love. Reception with snack and drinks at 6 pm. cascadeforest.org/get-involved/wild-scenic-film-festival/

May 4

WALK/RUN FOR THE ANIMALS
7:30am. Celebrate the love animals bring to your life at Walk/Run for the Animals and help the Humane Society for Southwest Washington care for animals in need. Register for the 3-mile dog-friendly walk, or a chip-timed 5k dog-friendly run, set up a fundraising page, earn awesome prizes and get ready to party! Children 12 and under register free. Find more information and registration information at southwesthumane.org/walk-run

May 10

HYSTERIA DEF LEPPARD TRIBUTE @ BILLY BLUES
9pm. Def Leppard Tribute captures the look and authentic sound lets you re-live the late 80's Def Lep live concert experience! \$10 at the door 21+ www.billybluesbarandgrill.com

May 11 & 12

MGF MOTHER'S DAY PLANT SALE @ HERITAGE FARM
Saturday, 9am - 4pm. Sunday 10am - 3pm. Huge selection including perennials, annuals, vegetables, trees, shrubs, herbs, houseplants, hanging baskets, and mixed flower beds. Your purchases help support the WSU Master Gardener program and horticulture education throughout Clark County. Fabulous prices & huge selection all weekend long! Unique garden art and plant vendors onsite.



May 11

KIDS FISHING FESTIVAL @ COLUMBIA SPRINGS
8am-2pm. Kids ages 5-14 are eligible to fish with an expert fishing mentor. Everyone must sign up to fish during a specific hour but you are welcome to enjoy the festival for the duration of the event. The last hour of fishing is reserved for children with disabilities. Tickets are \$7/person in advance. Non-fishers can purchase a \$10 ticket at the door but please be aware tickets for fishers do sell out! The ticket price includes nature games and activities for the whole family, a BBQ lunch, fishing pole for registered fishers, and the opportunity to catch up to two trout with the help of a fishing mentor provided by Columbia Springs. Please note: it is not guaranteed you will catch a fish. Learn more at www.columbiasprings.org/events

May 11

SAVOR SW WA WINE
2pm. The first annual Savor SW WA Wine event will feature wine tasting by 15+ boutique wineries along with bites from six local high-end eateries -- all located in Southwest Washington.



Continued on next page ▶



May 13

NOIR NIGHTS: THE HITCHHIKER @ KIGGINS THEATER

7:30pm. Join the Kiggins Theatre and friends at Niche Wine Bar as they continue Noir Nights film series pairing film noir classics with a pre-show tasting featuring three wines influenced by the films! Niche proprietor Leah Jackson will be on hand to discuss the wines which will also be able to be purchase by the glass for your movie watching pleasure (and by the bottle as you leave). Tickets to individual film is \$10 and include a collectible ticket while supplies last. The tasting for the three wines is \$5.

May 17

FORTUNE FRIDAYS @ LOVE POTION

5pm. Psychic Faires every 3rd Friday of the month with a rotation of different divination styles and readers! Tarot, Tea Leaves, Palmistry, Crystal Ball, Crystals, Runes, Oracle Cards and more! Sit down with one of our talented readers and discover what the future has in store for you! Peruse our divination tools and enjoy some complimentary treats! 10 Minute Readings for \$10 each. 703 Main St, Vancouver

May 18

FULL MOON COMMUNITY DRUM & FIRE CIRCLE @ WATTLE TREE PLACE

6pm-9pm. A lovely COVERED porch outdoor area. Drumming, Dancing & Fire Spinning honoring and celebrating our connection with the season, the planet, ourselves and each other. Bring your drums, shakers, rattles, flow toys, altar or ritual items & whatever inspires you to move, connect and celebrate! Full Moon ceremonial activities for those who wish to participate. 1902 Broadway St, Vancouver

May 11

EURO FITMENT VOL 2 @ CLARK COLLEGE

10am-3pm. Everyone is invited to attend and all Euro/Germany cars are welcome. CAR SHOW INFO: 30 + Euro Classes including (Best of Show, Stock, Mild, Wild). 1st, 2nd and 3rd place Awards and CASH prizes. \$20 per vehicle registration (includes admission for car). EVENT SCHEDULE: 9:00 am - Vendor setup. 10:00 am - Roll-in for show cars. 11:00 am - Gates open to the public. 12:00 pm - Judging begins. 2:30 pm - Award Ceremony. \$600 in cash prizes. FREE admission to the public. Email royalfitmentnw@gmail.com for more information.



Spring Plant Sales

The sun is out, the soil is warming, and the garden plans you've been working on all winter are ready to be realized. Right on time, the spring plant sales are here! Visit one or all of them for inspiration and beautiful, healthy additions to your garden. Below are a few of the most popular ones.

HORTLANDIA – APRIL 20 AND 21

If you hurry you may still have time to visit this huge plant sale held by the Hardy Plant Society of Oregon. Vendors from all over the Northwest come to this event with plants both newly introduced and time-tested. Portland Expo Center 2060 N Marine Drive Portland, OR 97217 10 am – 3 pm There is a charge for parking at the Expo Center.

LILAC DAYS – APRIL 20 TO MAY 12

The Hulda Klager Lilac Gardens is a National Historic Site preserving 1889 home and gardens of the late pioneer and lilac hybridizer. Once a year the gardens offer for sale specimens of the many lilac varieties cultivated here. The fragrance alone is worth the visit. 115 S Pekin Road, Woodland, WA. 10 am – 4 pm \$5 gate fee

HOME AND GARDEN IDEA FAIR – APRIL 26-28

Clark Public Utilities sponsors this event, which includes one of the largest plant sales in Clark County, along with vendor displays, a farmer's market, and activities for the whole family. 9 am – 6 pm Fri & Sat, 10 am – 5 pm Sun Clark County Event Center 17402 NE Delfel Road Ridgefield, WA 98642, \$6 parking fee

NATURESCAPING WILDLIFE BOTANICAL GARDENS – APRIL 27 & 28

This sale of trees, shrubs, and perennials supports these beautiful gardens, which are designed to

illustrate the way plants can be used to create wildlife habitat. The sale includes native plants grown by students from the Center for Agriculture, Science & Environmental Education (CASEE). 10 am – 3 pm, but the line forms early 11000 NE 149th Street Brush Prairie, WA 98606 Parking is free

CLACKAMAS COUNTY SPRING GARDEN FAIR – MAY 4 & 5

A plant sale with over 100 vendors, plus garden education, soil testing, and food court, this event is presented by the Clackamas County Master Gardeners. 9 am – 5 pm Sat, 9 am – 4 pm Sun Clackamas County Fairground and Event Center 694 NE 4th Ave Canby, OR 97013

MASTER GARDENER FOUNDATION OF CLARK COUNTY MOTHER'S DAY PLANT SALE – MAY 11 & 12

This very popular event raises funds for the Master Gardener Foundation and the educational programs it supports. Plants include heirloom vegetables grown in the Master Gardener greenhouses, herbs, flowers, natives, perennials and trees. 9 am – 4 pm Sat, 10 am – 3 pm Sun 78th Street Heritage Farm 1919 NE 78th St. Vancouver, WA 98665

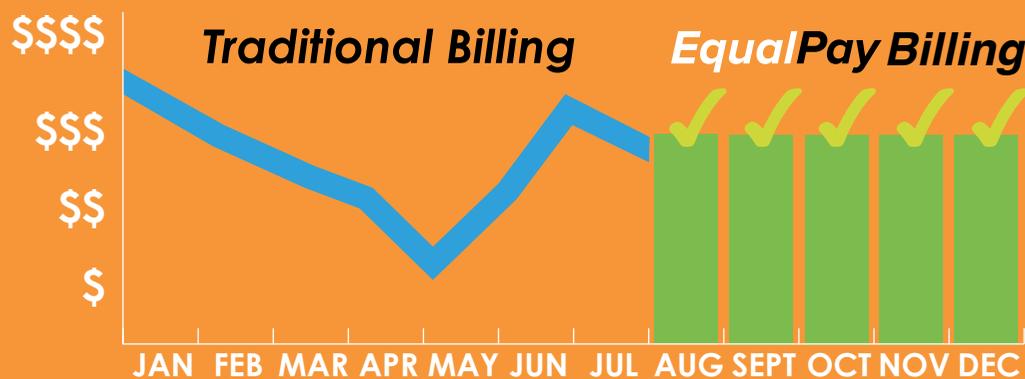
CAMAS PLANT AND GARDEN FAIR – MAY 11

Visit downtown Camas for plants, trees, garden art, and many other vendors, fun activities for the kids, and the many shops and restaurants in the neighborhood. 9 am – 4 pm

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